



**Task Title: Cooking Procedures**

OALCF Cover Sheet – Learner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes  No

**Goal Path:** Employment  Apprenticeship

Secondary School  Post Secondary  Independence

**Task Description:**

The learner will read and follow written instructions to perform tasks related to cooking safely in the workplace.

**Main Competency/Task Group/Level Indicator:**

- Find and Use Information/Read continuous text/A1.2
- Understand and Use Numbers/Use Measures/C3.2

**Materials Required:**

- Pen/pencil and paper
- Calculators are optional

Task Title: Cooking\_Procedures\_EA\_A1.2\_C3.2

## Learner Information

Cooks use procedures and recipes in the workplace to maintain consistent and safe practices in the workplace.

Scan the **Procedural Instructions for Cooking Seafood.**

## Procedural Instructions for Cooking Seafood

### Step 1: Preparing the Seafood

1. Wash hands and sanitize work surfaces.
2. Check seafood for freshness (look for clear eyes, firm flesh, and a fresh ocean smell).
3. If using frozen seafood, thaw it in the refrigerator overnight or under cold running water.
4. Pat the seafood dry with a paper towel to remove excess moisture.

### Step 2: Seasoning the Seafood

1. Lightly coat seafood with oil or melted butter.
2. Season with salt, pepper, and any required spices or marinades.
3. Let the seafood sit for 5 minutes to absorb the flavours.

### Step 3: Cooking Methods

#### Grilling

1. Preheat the grill to medium-high heat (200°C / 400°F).
2. Oil the grill grates to prevent sticking.
3. Place fish, skin-side down or shellfish directly on the grill.
4. Cook for 3–5 minutes per side, depending on thickness.

#### Pan-Frying

1. Heat 1 tbsp of oil in a skillet over medium heat.
2. Place seafood in the pan and cook until golden brown.
3. Flip and cook the other side for the same amount of time.

#### Steaming

1. Fill a pot with 2 inches of water and bring it to a boil.
2. Place seafood in a steamer basket above the boiling water.
3. Cover and steam for 6–10 minutes, depending on the type of seafood.

### Step 4: Checking Doneness

1. Fish is fully cooked when it reaches an internal temperature of 63°C (145°F).
2. Shrimp and scallops should be opaque and firm.
3. Shellfish (like mussels and clams) should have opened shells. Discard any that remain closed.

### Step 5: Serving the Seafood

1. Remove seafood from heat and let it rest for 2 minutes.
2. Serve with lemon wedges, sauces, or sides as required.
3. Garnish with fresh herbs or seasonings as per the recipe.
4. Ensure plates are wiped clean for professional presentation.

## Work Sheet

**Task 1: List the correct ways to thaw seafood safely.**

Answer:

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**Task 2: What should you look for to know that shrimp is fully cooked?**

Answer:

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**Task 3: What temperature is medium-high heat?**

Answer

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**Task 4: When using the steaming method, how is the seafood placed?**

Answer:

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**Task 5: What is the internal temperature of fish when it is fully cooked?**

Answer:

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**Task 6: A recipe calls for 1 tbsp of oil per fillet. Calculate the total oil needed to pan fry 4 fillets.**

Answer:

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**Task 7: The restaurant received 10 pounds of fresh cod, but the recipe measurements are in kilograms. Convert the 10 pounds to kilograms using this formula: 1 pound = 0.45 kg.**

Answer:

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**Task 8: A recipe calls for salmon to be baked at 375°F, but the oven uses Celsius. Convert the temperature to Celsius using this formula:  $(^{\circ}\text{F} - 32) \times \frac{5}{9} = ^{\circ}\text{C}$ .**

Answer:

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